





- Protect
- Direct
- Connect

**FEMA News Photo** 

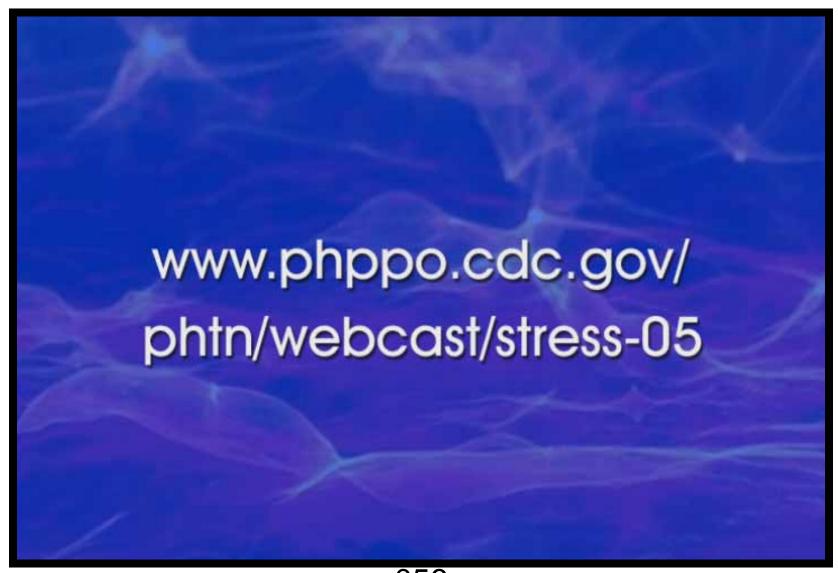


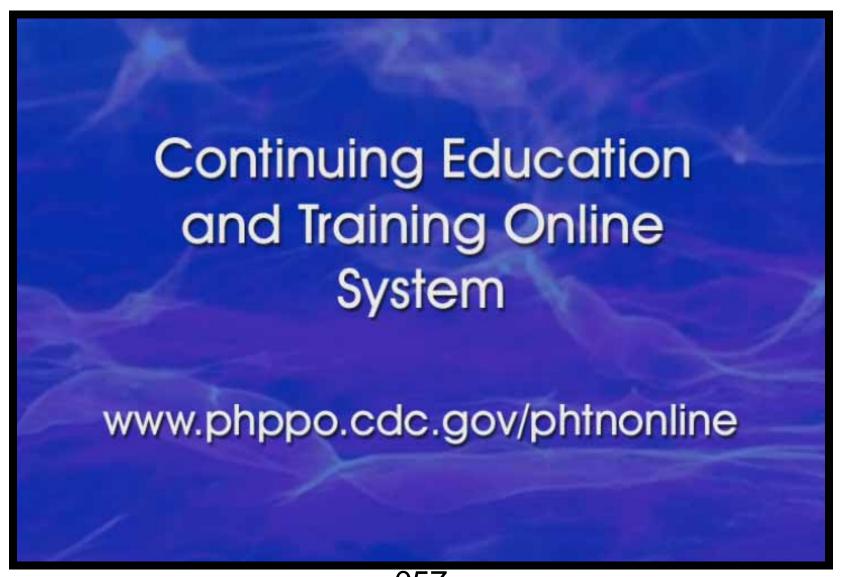
## Helping Families and Friends With Disaster-Related Stress

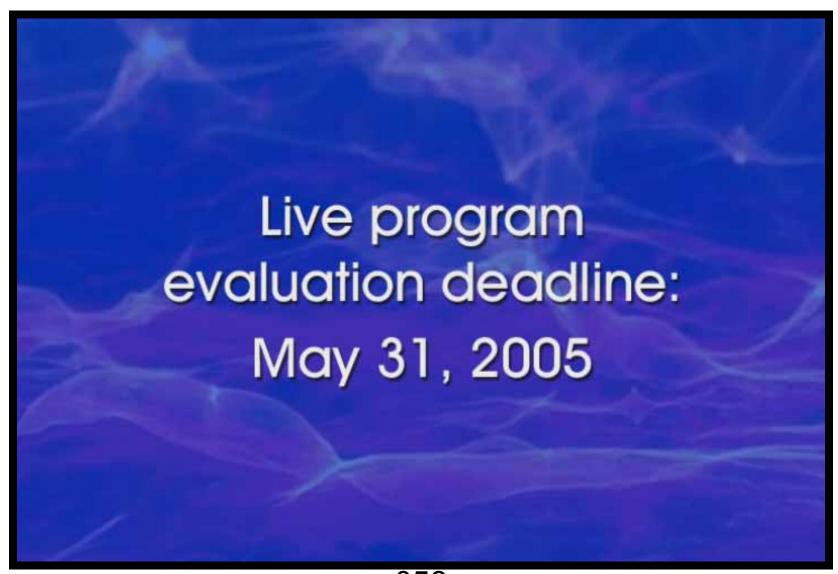
- Be there for them. Listen. Be aware you don't have to have the perfect answer. Listening is a powerful way to help.
- Provide practical assistance during times of strain.

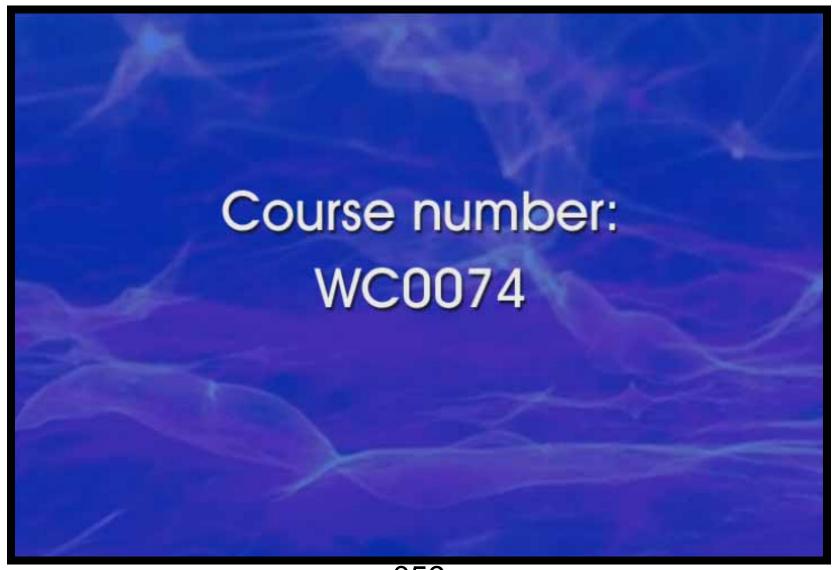
## Helping Children Recover After a Disaster

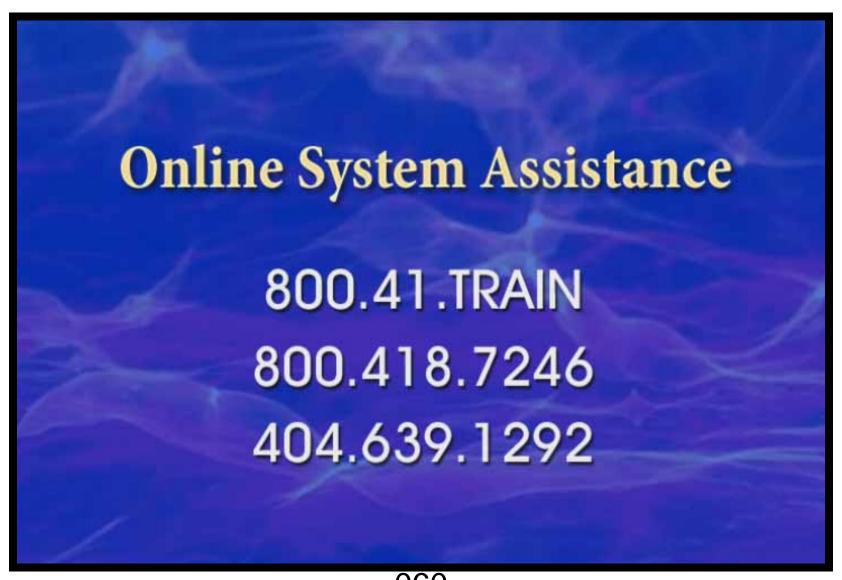
- Maintain children's routine and order.
- Be sure to talk with children about what has happened when they are ready.
- Be sure to talk with the children about their feelings.

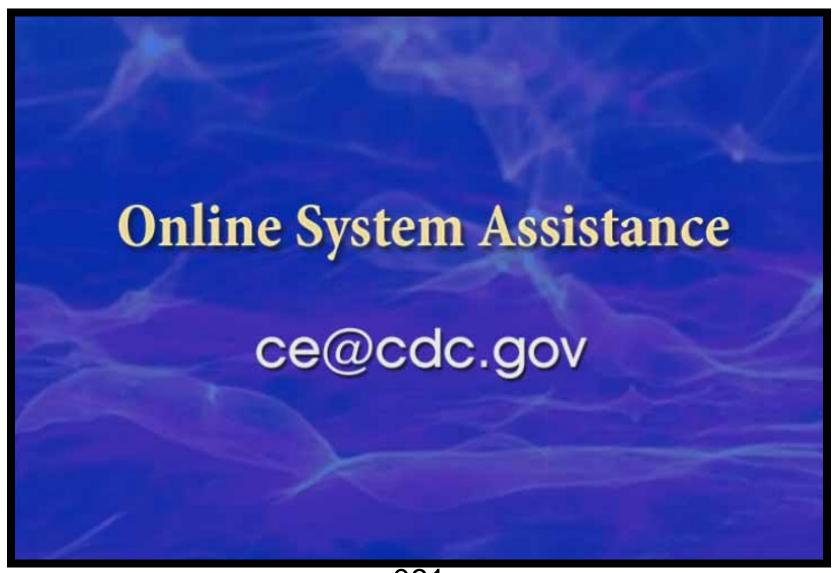


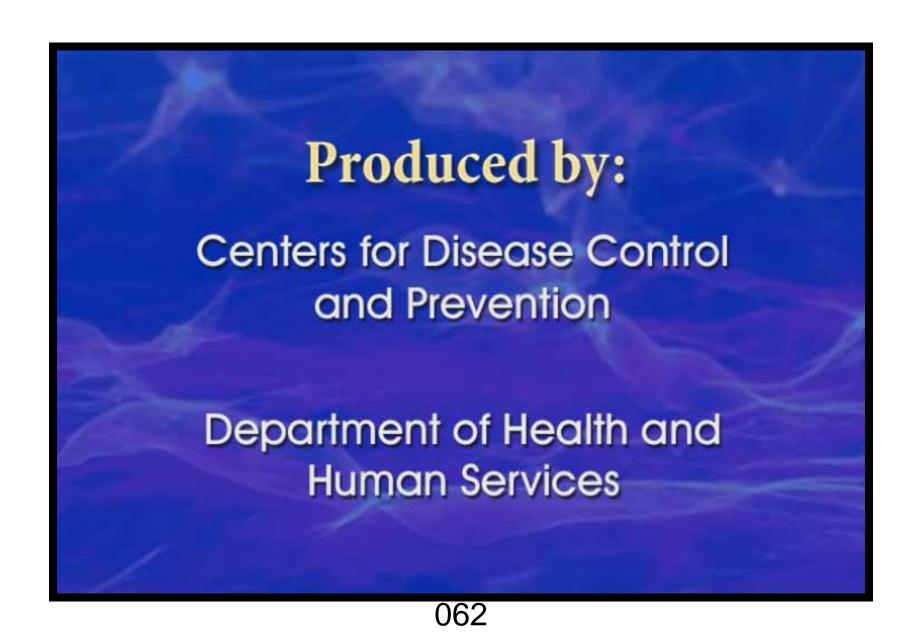












## **Special Thanks To:**

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Personnel of the CDC/ATSDR Division of Toxicology and Environmental Medicine

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